

Greek Lamb Salad with Yogurt Dressing

Ingredients:

- 2 teaspoon snipped fresh rosemary or 1/2 teaspoon dried rosemary, crushed
- 1 clove garlic, minced
- 8 ounces boneless lamb leg sirloin chops, cut 1/2 inch thick
- 8 cups torn fresh spinach or torn mixed salad greens
- 1 15-ounce can garbanzo beans, rinsed and drained
- 1/4 cup chopped, seeded cucumber
- 1/2 cup plain low-fat yogurt
- 1/4 cup chopped green onions
- 1/8 - 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 clove garlic, minced
- 1/4 cup dried tart cherries or golden raisins



Directions:

1. Combine rosemary and 1 clove garlic; rub evenly onto lamb chops. Place chops on the unheated rack of a broiler pan. Broil 4 to 5 inches from the heat for 12 to 15 minutes, turning once halfway through.* Cut lamb chops into thin bite-size slices.
2. Meanwhile, in a large bowl toss together spinach, garbanzo beans, and cucumber. Divide spinach mixture among 4 plates. Arrange lamb slices atop spinach mixture.
3. For dressing, in a small bowl combine yogurt, green onions, salt, pepper, and 1 clove garlic. Drizzle dressing over salads. Sprinkle with cherries. Prep Time: 30 minutes

Makes 4 servings.

*Note: If desired, grill chops on the rack of an uncovered grill directly over medium coals to desired doneness, turning once halfway through. (Allow 10 to 14 minutes for medium-rare or 14 to 16 minutes for medium.)

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